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STATE OF MICHIGAN
DEPARTMENT OF EDUCATION
LANSING

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STATE SUPERINTENDENT

December 20, 2012

MEMORANDUM

TO: Local and Intermediate School District Superintendents and
Public School Academy Directors

FROM: Carol Wolenberg, Deputy Superintendent *Carol*

SUBJECT: State Board of Education Model Policy on Quality Physical Education
and Physical Activity in Schools

On November 20, 2012, the State Board of Education adopted the revised "Model Policy on Quality Physical Education and Physical Activity in Schools."

Schools contribute to the basic health status of students by facilitating learning through the support and promotion of good nutrition and physical activity, which includes a quality physical education program. Improved health optimizes student and staff performance potential, thereby improving academic achievement. The physical, mental, and social benefits of regular physical activity for youth are numerous and well-documented. The 2010 Dietary Guidelines for Americans (www.health.gov/dietaryguidelines/2010.asp) as well as the National Association for Sport and Physical Education (NASPE) recommend 60 minutes of physical activity a day for children and adolescents.

This revision is aligned with national recommendations for physical education and has been expanded to address national recommendations for physical activity. A student's intellectual growth cannot take place without having his or her basic physical needs met, including the opportunity to participate in quality physical education along with other health-enhancing physical activity.

The model policy is intended to be used as a guide to assist school districts as they develop their own policies.

The policy and other resources are available on our website at:
http://www.michigan.gov/mde/0,4615,7-140-28753_38684_29823-195853--,00.html.
Questions may be directed to Mary Teachout in the Coordinated School Health and Safety Program Unit at (517) 335-1730 or teachoutm@michigan.gov.

cc: Michigan Education Alliance

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**DRAFT MODEL POLICY ON QUALITY PHYSICAL EDUCATION
AND PHYSICAL ACTIVITY IN SCHOOLS**

The State Board of Education (SBE) recommends that all public schools offer physical education opportunities that include the components of a quality physical education program. It is the unique role of quality physical education programs to provide opportunities for children to understand the importance of physical activity and to acquire skills to combat a sedentary lifestyle.

A quality physical education program addresses four critical issues: curriculum, instruction, assessment, and an opportunity to learn. It should include the following:

Curriculum

- ❖ Aligns with the Michigan K-12 *Physical Education Content Standards and Benchmarks*.
- ❖ Equips students with the knowledge, skills, and attitudes necessary for lifelong physical activity.
- ❖ Influences personal and social skill development.

Instruction

- * Is taught by a certified and endorsed physical education teacher trained in best practice physical education methods.
- * Aligns curriculum, instruction, and assessment.
- * Engages students in curriculum choices that prepare them for a wide variety of lifetime activities.
- * Keeps students involved in purposeful activity for a majority of the class period.
- * Builds student confidence and competence in physical abilities.
- * Promotes physical activity outside of school.
- * Meets the needs of all students, regardless of their cognitive, physical, or athletic ability.

Assessment

- Establishes program assessment and completes regularly to ensure it continues to meet the needs of the students.
- Assesses students regularly for attainment of physical education learning objectives.

- Includes course grades for physical education in calculations of grade point average, class rank, and academic recognition programs, such as honor roll, in the same manner as other subject areas.
- Includes communication to families regarding a student's current level of performance and suggested activities to increase performance outside of school.

Opportunity to Learn

- Offers instructional periods totaling 150 minutes per week at the elementary level and 225 minutes per week at the secondary level (middle and high school), for students of all abilities, including those with disabilities, and those in alternative education programs.
- Prohibits exemptions or substitutions:
 - K-8 students are not allowed to waive or opt out of physical education, nor are they allowed to receive credit by alternative means.
 - For grades 9-12, substitutions are allowed only after a student has shown proficiency in the standards per the Michigan Merit Curriculum Guidelines for graduation.
- Has a teacher to student ratio consistent with those of other subject areas and/or classrooms.
- Provides facilities to implement the curriculum for the number of students served.
- Has enough functional equipment for each student to actively participate.
- Provides and properly maintains safe and adequate spaces, facilities, equipment, and supplies necessary to achieve the objectives of the physical education program.
 - It is further recommended that regular safety and hazard assessments of gymnasiums, playgrounds, athletic fields, and sports-related equipment shall be conducted. Identified hazards shall be repaired before further use by students, staff, or community members. Any hazard reports shall be kept on file for an amount of time as determined by the district.

The SBE recommends that all public schools offer daily opportunities for physical activity, both structured and unstructured, apart from the physical education program, for all students K-12. There are a number of ways for schools to ensure that students get adequate physical activity to positively affect their health and academic performance:

- Offer at least 30 minutes of moderate to vigorous physical activity during the school day, outside of the physical education class.
 - This includes at least 20 minutes of scheduled recess and/or daily periods of physical activity breaks incorporated throughout the day for all grades.

- Physical activity, including recess, may not be denied or used for disciplinary reasons, or to make up lessons or class work.
- All teachers should be trained in how to integrate physical activity into their classrooms.
- Limit sedentary time to less than 2 hours at one time.
- Recess before lunch is strongly encouraged.
- Interscholastic or intramural programs:
 - A diverse selection of competitive and non-competitive, structured and unstructured, extracurricular physical activities shall be offered at no cost to students' families to the extent that staffing, facilities, transportation, and other resources permit.
 - Students and their families shall be involved in the planning, organization, and administration of the extracurricular activities program.
- Encouraging Active Commuting to/from School - Students and staff members will be encouraged and supported to safely walk or bike to school as often as possible.
- Encouraging Out-of-School Time Activity – For every 3 hours a program operates, at least 20 minutes of moderate, vigorous physical activity must be provided.
- Encouraging Joint Use Agreements – Schools and districts are encouraged to establish joint use agreements with local government agencies to allow use of school facilities for physical activity and other community programs.